

How you can reach us



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Emergency Preparedness Information from your 40th District Legislators



Dear friends and neighbors,

The 2007 legislative session is under way. We are honored and excited to be back in Olympia serving you and our community. There is a wide range of issues the Legislature will work on this session, including a new budget, education, health care, cleaning up Puget Sound, and more.

We thought this was a good time to remind you how to contact us, and how to reach those in our community who are working to keep us safe in times of crisis. The winter windstorms and resulting power outages were a sobering reminder of how important it is to be prepared for natural disasters. More than a dozen people died this past December, many from the improper use of generators.

We hope the information inside is a helpful reference that you and your family will take time to review together. It is never too late or too early to take steps to keep your family safe.

Sincerely,

Harriet

Dave

Jeff

Build Your Own Family Emergency Kit

Every household needs a fully stocked emergency kit with enough supplies to last each family member for three days.

Store your emergency supplies in a watertight storage or garbage bin. Update your kit every six months, including stocking new batteries and a fresh supply of non-perishable food and water.

VOLUNTEER OPPORTUNITIES AT LOCAL PARKS

Some of our local parks experienced considerable damage from the recent windstorms. If you are interested in helping with cleanup efforts, contact state or local parks departments for information.

State Parks:
360-902-8583
parks.wa.gov/volunteer.asp

Whatcom County Parks:
360-733-2900
co.whatcom.wa.us/parks

Skagit County Parks and Recreation:
360-336-9414
skagitcounty.net

San Juan County Parks:
360-378-8420
co.san-juan.wa.us/parks

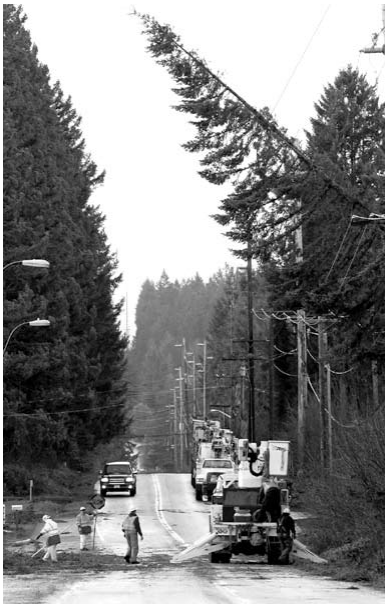
ESSENTIAL SUPPLIES:

- ☐ Bottled water – 1 gallon per person per day
- ☐ Prescription medicines, spare eyeglasses or contact lenses
- ☐ First-aid kit
- ☐ Non-perishable food items (including baby food or special diets)
- ☐ Non-electric can opener
- ☐ Blankets or sleeping bags
- ☐ Portable radio and extra batteries
- ☐ Flashlight and extra batteries
- ☐ Candles
- ☐ Matches in a waterproof container
- ☐ Fire extinguisher (ABC type)
- ☐ Food and water for pets
- ☐ Plastic sheeting
- ☐ Utility knife
- ☐ Tent
- ☐ Duct tape and rope
- ☐ Cash or traveler’s checks
- ☐ One change of clothing per person (sturdy shoes, rain gear, hat and gloves, sunglasses, thermal underwear)

ADDITIONAL SUPPLIES:

- ☐ Plastic bags with ties (large size bags for garbage, small size bags for personal sanitation uses)
- ☐ Household bleach
- ☐ Liquid detergent
- ☐ Toiletries (shampoo, toothpaste, toothbrushes, soap, deodorant, shaving razor, etc.)
- ☐ Moist towelettes
- ☐ Toilet paper
- ☐ Feminine and infant supplies
- ☐ Pots and pans
- ☐ Paper plates and cups
- ☐ Plastic forks, spoons, and knives
- ☐ Paper towels
- ☐ Aluminum foil
- ☐ Heavy gloves
- ☐ Tools (crescent wrench, hammer, screwdriver, pliers)
- ☐ Signal flare
- ☐ Whistle
- ☐ EBS radio
- ☐ Camp stove and extra fuel*
- ☐ Electrical generator and extra fuel*

* Note: Electrical generators and camp stoves cannot be used indoors. Make sure you fully read the instruction manuals for these items before using them.



HELPFUL HINTS FOR USING ELECTRICAL GENERATORS

Puget Sound Energy recommends:

- If using a portable generator, first follow the manufacturer’s instructions.
- Disconnect house circuits by pulling or switching to “off” all main fuses or circuit breakers.
- Connect lights and appliances directly to the generator, not to an existing electrical system.
- Remember to always operate generators outdoors to avoid dangerous buildup of toxic fumes.

ADDITIONAL TIPS

1. Keep a list of phone numbers of nearby neighbors, family members and local emergency services by your home phone, in your wallet and in the kids’ school bags. Ask an out-of-state friend to be a “family contact.” After a disaster, it’s often easier to call long distance.
2. Pick a place to meet outside the house in case of a sudden home emergency (such as a fire). Determine the best escape routes from each room in your home, and practice them with your children. Designate a place to meet outside the neighborhood if a large-scale emergency prevents family members from returning home (such as an earthquake).
3. Make sure you have a working CO detector and fire detector on each floor of your home. Test detectors every month and change the batteries once a year.
4. Teach your children how to call 911.



KEEPING YOUR FAMILY SAFE

Important Phone Numbers and Web Sites:

911 for any emergency

Skagit County Department of Emergency Management – 360-428-3250
skagitcounty.net – (click on “Departments and Offices”)

San Juan Department of Emergency Management – 360-378-9932
sanjuandem.net (island-specific information on the Web site)

Whatcom County Emergency Management – 360-676-6681
whatcomcounty.us/dem/

Local Red Cross offices:

Mt. Baker Red Cross – (serving Whatcom County and Skagit Valley)
360-733-3290 - Bellingham
360-424-5291 - Mount Vernon
mtbakerredcross.org

Anacortes/San Juan Islands Red Cross – 360-293-2911
anacortessanjuan.redcross.org

Local energy companies:

Puget Sound Energy – 888-225-5773
pugetsoundenergy.com
PSE can also assist with downed trees.

Orcas Power and Light Cooperative (OPALCO) – 360-376-3500
opalco.com